



# SBRC Lap Pool

## September 12th- September 18th

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*POOL CLOSURES ON MONDAY, WEDNESDAY, AND FRIDAY 11:00AM-2:00PM*</b>							
6:00am	Lap Swim						
6:30am	4 lanes open 6:30-7:30 FHS Preseason						
7:00am							
7:30am							
8:00am			Lap Swim 6:00-11:00		Lap Swim 6:00-11:00	Lap Swim 8:00-9:30	Lap Swim 8:00-10:00
8:30am	Lap Swim 7:30-11:00	Lap Swim 6:00-12:30		Lap Swim 6:00-12:30			
9:00am						5 lanes open	
9:30am							
10:00am							
10:30am							
11:00am						2 lanes open 10:00-1:00 Scuba	2 lanes open 10:00-1:00 Scuba
11:30am							
12:00pm	POOL CLOSED 11:00-2:00		POOL CLOSED 11:00-2:00		POOL CLOSED 11:00-2:00		
12:30pm		3 lanes open 12:30-1:30 H <sub>2</sub> O Fitness		3 lanes open 12:30-1:30 H <sub>2</sub> O Fitness			
1:00pm							Lap Swim
1:30pm							
2:00pm							2 lanes open 2:00-4:00 Open Swim w/ Diving Board!
2:30pm	Lap Swim 2:00-5:45	Lap Swim 1:30-4:00	Lap Swim 2:00-5:45	Lap Swim 1:30-4:00		Lap Swim	
3:00pm							Lap Swim
3:30pm							
4:00pm					Lap Swim 2:00-7:30		
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm	2 lanes open 5:45-8:30 Synchro		2 lanes open 5:45-8:30 Synchro				
7:00pm		2 lanes open 7:00-8:30 Water Polo		2 lanes open 7:00-8:30 Water Polo			
7:30pm							
8:00pm							
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

**SBRC Fall Hours begin Tuesday, September 6th**  
**Facility Closed on Labor Day, Monday September 5th**  
**9/19 FHS Preseason starts; 9/26 FHS extends to 4:00-5:30pm weekdays**